

**Mission**

to prevent and cure diabetes
and to improve the lives of all
people affected by diabetes.

Guidelines for the Care of Children with Diabetes in Arizona Schools

Schools have a responsibility to provide students who have health care needs with special services in a medically safe environment. Effective type 1 and type 2 diabetes management in schools includes:

1. School staff members with responsibility for students with diabetes receive training which includes:
 - Basic needs of students with diabetes
 - How to identify medical emergencies
 - Whom to contact in case of an emergency
2. An adequate number of school staff members receive training in routine and emergency diabetes care tasks so that at least one staff member is always available for those students who require assistance in routine and emergency situations. This includes but is not limited to:
 - Identification of and treatment intervention for hypoglycemia (low blood glucose) to include administration of glucagon
 - Blood glucose and urine ketone testing
 - Administration of insulin
 - Identification of hyperglycemia (high blood glucose) and appropriate intervention
 - Dietary requirements
 - Needs during exercise/physical activity
 - Appropriate developmental expectations for the student in managing the diabetes treatment plan at school
3. Written plans provide direction for implementing effective diabetes management in the school setting as follows:
 - **Diabetes Medical Management Plan**—is developed by the student's personal health care team and family. This identifies the diabetes care regimen prescribed for each individual student
 - **Quick Reference Emergency Plan**—describes how to recognize emergency situations such as hypoglycemia (low blood glucose) and hyperglycemia (high blood glucose) and what to do when signs or symptoms of these occur. This plan is based on the Diabetes Medical Management Plan
 - **Education Plans (Section 504 Plan or Individualized Education Program Plan)**—outlines the accommodations, education aids, and services that are needed for each individual student
 - **Other**—the school nurse may provide a nursing care plan or written instructions for school staff members

References and Resources

"Helping the Student with Diabetes Succeed: A Guide for School Personnel" A Joint Program of the National Institutes of Health and the Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. June 2003. www.ndep.nih.gov. Free hard copies can be ordered from the National Diabetes Information Clearinghouse. Send written request via FAX to (301) 634-0716.

"Diabetes Care Tasks at School: What Key Personnel Need to Know" a series of web-based training modules that can be downloaded from the American Diabetes Association's website. Modules are intended to be used in conjunction with the NDEP guide by health care professionals with expertise in diabetes who are training school personnel. Modules can be found at www.diabetes.org/schooltraining

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